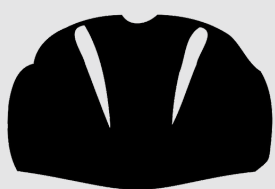


FITTING YOUR BIKE HELMET

Buy it. Fit it. Wear it. EVERY RIDE!



1

PROPER SIZE

Try to measure your head to find your approximate size. Ideally, try on several in your size to find one that is a good fit. Then place the helmet on and adjust the sizing pads or fit ring until you feel a snug fit.



2

CORRECT POSITION

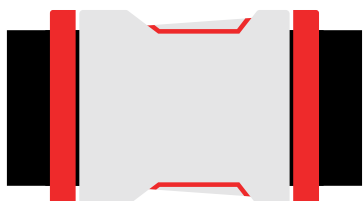
Your helmet needs to sit level on your head. It should be low on your forehead, about one or two finger-widths above your eyebrows.



3

ADJUST SIDE STRAPS

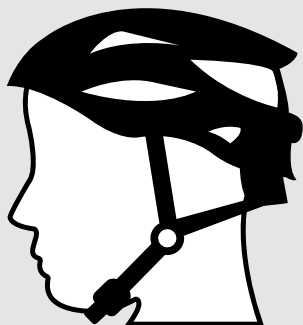
With the side straps, form a "V" shape under, and slightly in front of each ear by adjusting the slider on both straps. If your model has a locking feature, lock the slider.



4

CENTER THE BUCKLE

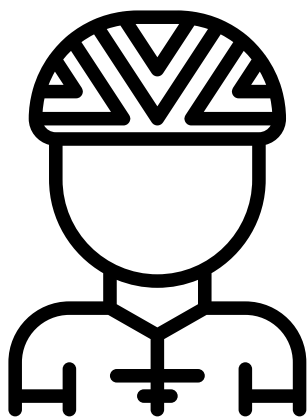
The left buckle should be centered under the chin. Most helmet straps can be adjusted from the back of helmet, to lengthen or shorten it. Take the helmet off to make these adjustments.



5

TIGHTEN CHIN STRAP

Buckle the chin strap and then tighten it until it is snug. No more than one or two fingers should fit in between the strap and your chin.



6

FINAL FITTING

Test the fit. Your helmet should pull down on your head when you open your mouth wide and should not rock back and forth more than two fingers above the eyebrows. If it does, adjust and tighten the straps again. Also, roll the rubber band down to the buckle to keep it from slipping.